

better body

The treat diet

Lose up to
**7lbs in
7 days**



Terri-Ann Nunns helps you slim while enjoying a little bit of what you fancy

Terri-Ann, known for her 123 weight-loss plan, has created new ebook *The TerriAnn Treat Plan*, £14.99, and here she shares a week's recipes for *Bella* readers. She tells us, "Some weeks, too much deprivation and restriction led to more cravings and caused me to fall off the healthy-eating wagon. So, I've created this plan as a way

of taking back the control." Enjoy sweet and savoury options to help boost your self-control, making it easier to stay on track. "You'll be more mindful of why you have cravings as you're in control – not the food," she explains. "The average weight loss in the first seven days is between 5-7lbs, and then around 2lbs per week after."

HOW THE PLAN WORKS

- It's based on having three healthy meals, two snacks and one treat a day. You'll be eating every two to three hours to keep satisfied. As a general guideline, keep your treats to under 150 calories each and your snacks to under 99 calories. There's no calorie counting for your other meals, just stick to a balance of lean proteins, carbs and veg.
- Several meals are repeated, as having meals made in advance is a simple way to save time and money, and makes life more convenient for you. You can cook each meal fresh if that works better for you. Terri-Ann is a huge advocator of preparing meals. She says, "It's the number-one way I'm able to stay on track with my eating, and it gives me a healthy, fresh mindset." When prepping in

advance, save room in the fridge and buy some containers (choose ones with different compartment to keep protein and carbs separate if needs be) and labels. Meals will stay fresh in the fridge for three to four days.

- You must drink two litres of water per day. You can drink up to three teas and coffees per day using semi-skimmed milk and sweeteners. You can have unlimited if you go without milk and sweeteners. No fruit juices, but you can have 330ml of diet soft drinks per day. For the best weight-loss results, avoid alcohol in the first week or two, and then stick to it in moderation.
- Stay as active as possible to boost your weight loss and tone you up – little things add up, like taking the stairs instead of the lift.



Day one

Breakfast

A low-calorie cereal bar, like Alpen Light

Snack

A piece of fruit of your choice

Lunch

Chicken fajitas with potato wedges

Makes 2 portions

200g sweet or white potato, cut into wedges
200g chicken breast, diced
40g peppers, sliced
40g onion, sliced
2tbsp fajita spice
2 x 40g wraps

1 Preheat the oven to 200°C/gas 6.

2 Place the potato wedges in the oven on a baking tray. Spray with Frylight, season, and cook for 30 mins.

3 Add the chicken breast, peppers and onions to a non-stick frying pan on a medium heat, and stir regularly. Add the fajita spice and cook for around 10 mins.

4 Place the chicken and vegetables in the wraps and serve with the wedges on the side.



Snack

A small packet of low-calorie crisps, like Popchips

Dinner

Pasta Bolognese Makes 2 portions

200g turkey mince
40g peppers, sliced
40g onion, sliced
40g mushrooms, sliced
200g low-fat Bolognese sauce
200g cooked microwavable pasta

1 Heat a large non-stick pan, add the mince and cook for 5 mins on a medium heat.

2 While the mince is cooking, slice the peppers, onion and mushrooms. Add to the pan and cook for a further 5 mins.
3 Add the Bolognese sauce and simmer on a low heat for 10 mins.
4 Microwave the pasta as per packet instructions and serve. (Don't microwave the pasta portions if prepping in advance – put each portion into food containers in different compartments and reheat when needed).

Treat

A lower-calorie chocolate bar, like a Milky Way

Day two

Breakfast

165g fat-free yoghurt with a sprinkling of cinnamon

Snack

30g raisins

Lunch

Mince, mash and gravy

Makes 2 portions

300g potato, peeled and sliced
200g 5 per cent fat beef mince

60g broccoli, cut into small florets
40g peas (tinned or frozen)

60g carrots, diced
40g onion, diced
2tbsp gravy granules
20g low-fat butter

1 Bring 2 pans to the boil on a medium heat, then turn down, so the water simmers. Place the potato in one of the pans and cook until the mince is ready.

2 Heat a large non-stick pan and add the mince. Cook for around 5 mins on a medium heat.

3 Add the broccoli to the second pan of water and simmer gently.

4 Add the peas, carrots and onion to the mince and simmer for a further 7 mins.

5 Mix the gravy with boiled water until you reach your desired consistency. Stir well and add to the mince, continuing

to simmer on a low heat for 5 mins.
6 Drain the potatoes, add the butter, then mash. Drain the broccoli and serve with the mash and mince.

Snack

20g salted popcorn

Dinner

Chicken curry with rice

Makes 2 portions

200g chicken, diced
40g peppers, sliced
40g onion, sliced
200g tomato-based curry sauce
200g cooked microwavable rice

1 Heat a non-stick pan and cook the chicken on a medium heat for 5 mins.

2 While the chicken is cooking, add the veg to the pan. Stir and cook for a further 7 mins, then add the curry sauce and simmer on a low heat for 10 mins.

3 Microwave the rice as per the cooking instructions and serve. (Don't microwave the rice portions if prepping in advance, put each portion into food containers in different compartments and reheat when you're ready to consume).

Treat

A low-calorie cake, like a Go Ahead Fruit & Oat Bake



better body

Day three

Breakfast

1 small slice of brown toast with 10g low-fat butter

Snack

2 rice cakes spread with 2tsp low-fat cream cheese

Lunch

Chicken fajitas with potato wedges See day one

Snack

1 piece of fruit

Dinner

Mince, mash and gravy See day two

Treat

Low-calorie sweets, like 12 reduced-sugar Fruit Pastilles

Day four

Breakfast

165g fat-free yoghurt with a sprinkling of cinnamon

Snack

30g raisins

Lunch

Pasta Bolognese See day one

Snack

A packet of low-calorie crisps, like Skips

Dinner

Chicken curry with rice See day two

Treat

A lower-calorie chocolate bar, like a Curly Wurlly



Day five

Breakfast

A homemade fat-free yoghurt smoothie, or a TerriAnn 123 Shake from Terriann123shop.co.uk

Snack

20 berries

Lunch

Jacket and beans

Microwave or oven bake a jacket potato, then top with 10g butter and 200g baked beans. Serve with mixed leaves and a sliced tomato. Use lemon juice and seasoning for a dressing.

Snack

A packet of low-calorie crisps, like Quavers

Dinner

Chicken salad pitta *Makes 2 portions*

300g chicken breast, diced
2tbsp marinade, like Nando's
2tsp light soy sauce
40g lettuce
40g cucumber
20g onion
20g peppers
2 pitta bread
2tsp low-fat mayo

1 Place the chicken in a bowl, and coat in the marinade. Leave for a few mins.

2 Fry on a medium heat, with the soy sauce for 12 mins, or until cooked.

3 Chop the lettuce, cucumber, onion and peppers for your side salad. Serve with the pittas and low-fat mayo.

Treat

Low-calorie biscuits, like 2 Jaffa Cakes

Day six

Breakfast

1 small slice of brown toast with 10g low-fat butter

Snack

1 piece of fruit of your choice

Lunch

Pork stir-fry with new potatoes

Makes 2 portions

200g new potatoes
200g lean pork stir-fry strips
300g stir-fry vegetable pack
2tbsp light soy sauce

1 Bring a pan of water to the boil and add the new potatoes.

2 After 10 mins, cook the pork in a non-stick pan on a medium heat for 5 mins.

3 While the pork is cooking, put a wok

on a high heat and add the stir-fry pack and the soy sauce, stirring regularly.

4 Remove the pork from the pan and add it to the wok. Cook for a further 2 mins.

5 Drain the potatoes and serve with the stir-fry.

Snack

2 rice cakes with 2tsp low-fat cream cheese

Dinner

Jacket with tuna and salad

Microwave or oven bake a 200g jacket potato and serve with 10g butter, 120g drained tuna, seasoned and mixed with lemon juice and herbs, and a side salad of mixed leaves and a sliced tomato.

Treat

Low-calorie biscuits, like 2 fig rolls

Day seven

Breakfast

A low-calorie cereal bar, like Alpen Light

Snack

1 piece of fruit

Lunch

Chicken in a pitta See day five

Snack

20g salted popcorn

Dinner

Minted lamb chops *Serves 2*

1tsp olive oil

2 garlic cloves, finely chopped
1tbsp balsamic vinegar

20g pack mint, leaves only, chopped

4 lamb leg chops

1 Whisk the oil with the garlic, balsamic vinegar and mint.

2 Pour into a non-metallic dish, add the lamb, turning to coat in the marinade. Cover, then leave for up to 1 hr.

3 Remove the lamb from the marinade and lay on the griddle pan or frying pan. Cook for 3-4 mins each side or until just cooked through.

4 Serve with your favourite steamed veg.

Treat

Low-calorie sweets, like 5 lemon bon bons

For more delicious meals and an easy-to-follow home workout plan, check out the TerriAnn Treat Plan ebook, £14.99, Terriann123dietplan.co.uk/product/the-terriann-treat-plan-e-book. See our reader offer below for a discount!

